



Bureau of Nutrition and Health Promotion

Friday Facts

Week ending Issue: October 15, 2010 – Issue #75

Policy

From the WIC Services Policy and Procedure Manual — 340.10 Introduction to Equipment and Supplies Selecting Medical Equipment

Medical equipment purchased by WIC agencies must meet standards established by the Centers for Disease Control and prevention. This includes scales, stature boards, length boards, and hemoglobin meters.

Information

Flu Season is Approaching

All current indications are this year's influenza season will be a typical one; therefore, it is important for Iowans to work together to help stop the spread of influenza and other viral illnesses this fall and winter. "After last year's H1N1 outbreak, Iowans became keenly aware of the importance of taking personal action to stop the spread of flu," said Iowa Department of Public Health (IDPH) Medical Director Dr. Patricia Quinlisk. "The flu vaccine is widely available this year and includes both the seasonal influenza strain and last year's H1N1 strain. The flu shot is the first line of protection against getting the flu, one of Iowa's most serious viral infections. It's also important to remember the Three Cs are still an effective way to protect yourself and others against the flu and other viruses: **Clean** your hands frequently with soap and water; **Cover** your coughs and sneezes with your sleeve or a tissue; and **Contain** germs by staying home when ill."

Individuals play the largest role in helping stop the spread of influenza and other viruses by being vaccinated and following the Three Cs, but they have many important allies. Schools report absenteeism greater than 10 percent to IDPH to help track outbreaks of viral illnesses; health care providers help reduce antibiotic resistance by not prescribing antibiotics for viral illnesses like the flu; and the Iowa Respiratory Virus Project helps determine how often influenza and other respiratory viruses make Iowans sick. The Iowa Respiratory Virus Project is the first large-scale, public study of viral illness in Iowa. The State Hygienic Laboratory (SHL) and five medical clinics across Iowa will participate in the project this year by gathering detailed information about patient illness and the viruses that make them sick. Summary data will then be reported in the weekly influenza report. Clinics participating this year include:

- Genesis Health Group, Davenport Pediatrics
- Mercy Panora Medical Clinic, Panora
- Akron Mercy Medical Clinic, Akron

- Northeast Iowa Family Practice, Waterloo
- Thielen Student Health Clinic, Ames

For more information about the Iowa Respiratory Virus Project, visit www.idph.state.ia.us/adper/iisn.asp. For more information about influenza, visit www.cdc.gov/flu/about/disease/index.htm.

Contact Information: Polly Carver-Kimm at (515) 281-6693

Resources

Preventing Childhood Obesity DVD

Each WIC agency will soon be receiving a copy of a new DVD, Preventing Childhood Obesity, distributed by Film Ideas, Inc. This eight minute program is targeted to parents of children two years and older. Three parents share their concerns and ideas about helping children maintain a healthy weight. Primary messages include the 5-2-1-0 message (5 fruits and vegetables, less than 2 hours of screen time, 1 hour of vigorous physical activity and 0 sodas or sugary drinks); portion control, changing by one small step at a time, and the power of parental modeling of food and activity behaviors. Expert commentary is also provided by a pediatrician, a nutritionist and a spokesperson from the Let's Get Movin' campaign. The program includes a variety of races and ethnic groups, shows parents being active with their children, and promotes physical activity both in organized sports and other activities such as playing at the park, walking and swimming.

This DVD was custom-designed for Iowa WIC clinics with two programs — one in English and the second in Spanish.

Dates to Remember

2010

- October 25, 26 - NETC
- November 11 - Limited Coverage
- November 17, 2010 – Final PO/PV and Expenditures Report due to Bruce
- November 17, 2010 – FFY2010 Year-End Progress Report due to Jill
- November 30, 2010 – FFY2010 Water-Testing Summary due to Jill
- December 1, 2010 – Year-End Expenditure Report due to Bruce

2011

- 5th Monday clinics
We do not anticipate any major changes to IWIN in 2011. Due to this you can schedule clinics on the 5th Monday of the month if needed.

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
<i>Similac human milk fortifier</i>	<i>2 boxes</i>	<i>10/2010</i>	<i>Operation Threshold</i>	<i>Nancy Anderson at 319-233-1851</i>
<i>Peptamen 1.5</i>	<i>96 cans</i>	<i>12/2010</i>	<i>MICA</i>	<i>Justine Hoover at 641-752-7162</i>
<i>Similac human milk fortifier</i>	<i>6 boxes</i>	<i>2/2011</i>	<i>Operation Threshold</i>	<i>Nancy Anderson at 319-233-1851</i>
<i>Enfaport Lipil</i>	<i>23 – 8 oz cans (ready-to-feed)</i>	<i>9/1/2011</i>	<i>Johnson County WIC</i>	<i>Chuck Dufano @ 319-356-6042</i>